

Breast Lift Surgery

Mastopexy — Your Friendly Guide to What to Expect

Everything you need to know, written in plain English — no jargon, no scary stuff.

So — What Exactly is a Breast Lift?

First things first — you are not alone in looking into this. A breast lift (the medical name is mastopexy) is one of the most sought-after procedures we help people access in India, and for very understandable reasons.

Here's the thing: no matter how much you exercise or how well you look after yourself, sagging breasts are not something lifestyle alone can fix. Ptosis — the medical term for drooping — is caused by changes to the skin and breast tissue over time. Pregnancy and breastfeeding, significant weight loss, gravity, ageing, and genetics all play a role. It is not something you did wrong.

A breast lift surgically reshapes and raises the breast tissue, repositions the nipple and areola to a more youthful height, and removes excess skin to create a firmer, rounder, more lifted contour. It does not significantly change the size of your breasts — it restores their shape and position. If you'd like more volume as well, a lift can be combined with augmentation.

The result? Breasts that sit where they used to, clothes and swimwear that fit properly again, and a confidence that comes from feeling like yourself. The honest trade-off is scarring — but your surgeon will place incisions as discreetly as possible, and they fade significantly over time.

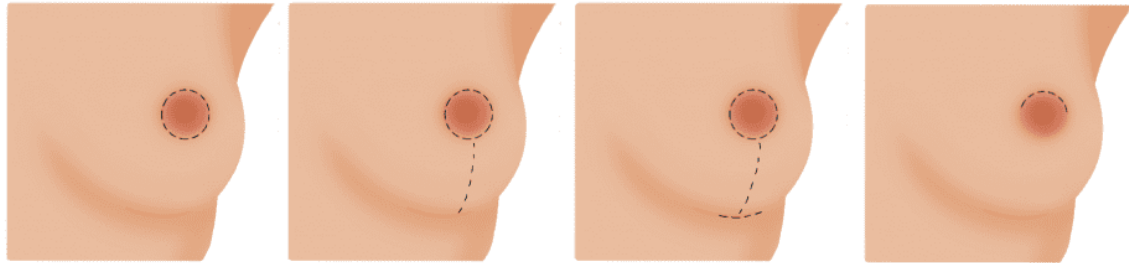
Is a Breast Lift Right for You?

You might be a great candidate if you tick most of these boxes:

✓	Your weight is relatively stable — you're not planning major weight changes or further pregnancies soon
✓	You are generally healthy with no medical conditions that would affect wound healing
✓	You are a non-smoker (or willing to stop well in advance of surgery)
✓	Your breasts have lost their shape or fullness, or sit lower than they used to
✓	Your nipples point downward or fall below the breast crease when unsupported
✓	You have realistic expectations — a lift reshapes and repositions, it does not add significant volume
✓	You are doing this for yourself and your own wellbeing



Not sure if you qualify? Don't worry — that's exactly what your initial consultation is for. The surgical team will assess the degree of ptosis (drooping), your skin quality, and your goals, and give you an honest, personalised recommendation. There's no pressure, and no commitment required at that stage.



Donut

Lollipop

Anchor

Crescent

Understanding Breast Ptosis — The Degree of Droop

Surgeons assess breast ptosis (drooping) in degrees, which helps determine the type of lift needed and the incision pattern that will give the best result for your specific situation:

Grade	What it means	Likely approach
Grade 1 — Mild	Nipple at or just below the breast crease	Crescent or periareolar (donut) lift — scar around the areola only
Grade 2 — Moderate	Nipple below the crease but above the lowest point of the breast	Vertical (lollipop) lift — scar around areola and down to the crease
Grade 3 — Severe	Nipple well below the crease, pointing downward	Anchor (inverted-T) lift — most lifting power, scar follows the natural breast crease



Your surgeon will assess your degree of ptosis at consultation and recommend the incision pattern that will give you the best result with the least visible scarring for your individual situation.

How the Surgery Actually Works — Step by Step

Here is exactly what happens, from start to finish, in plain English:

1	You go under anaesthesia A breast lift is performed under general anaesthesia, so you are completely asleep and comfortable throughout. Your anaesthetist will explain everything beforehand.
2	The incision is made The surgeon makes incisions according to the technique recommended for your degree of ptosis — around the areola only, or extending down to and along the breast crease. Incisions are carefully planned to be as discreet as possible within the natural contours of the breast.
3	The breast tissue is reshaped Excess skin is removed and the underlying breast tissue is lifted and reshaped into a firmer, rounder contour. This is what creates the lifted appearance — not just removing skin, but rebuilding the internal structure.
4	The nipple and areola are repositioned The nipple-areola complex is moved to a higher, more youthful position. If the areola has stretched over time, it can be reduced to a more proportionate size at the same time. In most cases the nipple remains attached to the breast tissue throughout, preserving sensation.
5	The skin is re-draped and closed The remaining skin is smoothed and re-draped over the newly shaped breast. The incisions are closed in layers with sutures. The result is a breast that sits higher, looks rounder, and feels firmer.
6	A supportive bra is fitted Immediately after surgery you'll be placed in a soft surgical bra. This protects the result, reduces swelling, and supports the healing breast tissue. You'll wear this continuously for the first few weeks.

Before Your Surgery — What to Expect

Before the big day, your surgical team will walk you through everything you need to do to prepare. You'll receive specific instructions covering:

✓	Pre-surgical tests and diagnostic requirements (including mammography if recommended for your age)
✓	Which medications and supplements to stop taking (and when) — especially blood thinners and herbal supplements
✓	Day-of-surgery instructions — what to eat, drink, and wear
✓	Everything you need to know about your anaesthesia
✓	What your post-operative care will look like and when your follow-up appointments are



Be completely honest with your surgical team. Tell them everything — your full health history, every medication and supplement you take, alcohol and tobacco use, and any past procedures. If you are planning future pregnancies, discuss this with your surgeon — pregnancy after a lift can affect your results. There is no judgement, only care.

Risks — The Honest Bit

Every surgical procedure carries some level of risk, and we want you to feel fully informed rather than surprised. Your surgeon will discuss all of these with you in detail before you proceed.

!	Bleeding or haematoma (blood pooling) — may require a return to theatre in rare cases
!	Infection at the incision site
!	Delayed or poor wound healing — particularly at the T-junction point of anchor incisions
!	Scarring — scars may be wider, thicker, or more raised than expected in some people; scar quality is partly genetic
!	Changes in nipple or breast sensation — numbness or altered sensitivity, usually temporary but occasionally permanent
!	Asymmetry — some degree of natural asymmetry exists in all breasts and may be more noticeable after surgery
!	Partial or full nipple loss — extremely rare, but a risk in cases of very significant lifting or very large reductions
!	Difficulty breastfeeding — some women may find breastfeeding affected after a lift, though many do not
!	Relapse of ptosis — gravity, ageing, and lifestyle factors continue to act on the breast over time
!	Risks associated with anaesthesia — these will be fully explained by your anaesthetist

Please ensure all personal medications are fully disclosed to your surgeon on your medical assessment form, and that all medications are handed to the nursing station on the day of your procedure. Please note that blood thinning medications — including certain vitamins and supplements such as fish oil, vitamin E, garlic, and aspirin — must be ceased at least two weeks prior to surgery, as directed by your surgical team.

Insurance — What You Need to Know

Travel insurance is highly recommended for anyone travelling to India for surgery. Standard New Zealand travel insurance policies will not cover elective procedures — so it's important to arrange specialist medical travel cover before you go. We work with Global Protective Solutions, who offer insurance specifically designed for medical tourists. Their policy covers the procedure itself and any complications for up to six months after your procedure date, including care back home in New Zealand. Please note that this is not a standard travel insurance policy — it does not cover the other elements of your trip such as flights, luggage, or cancellations.

You can enroll directly through our dedicated link at www.globalprotectivesolutions.com/enroll/bumstumsgums. A visa is also required to enter India, and while we cannot apply on your behalf, we will guide you through the process and make sure you have everything you need well in advance of travel



It is completely natural to feel some nerves before surgery — whether that's excitement about the outcome or anxiety about the procedure itself. Please share how you are feeling with your surgical team. They have heard it all before and are genuinely there to support you.

Recovery — What Happens After Surgery

Here's what recovery typically looks like, week by week:

Timeline	What to Expect
Days 1–3	Your breasts will be swollen, bruised, and tender — this is completely normal. Rest is important. Gentle walking is encouraged from day one to support circulation. You'll wear your surgical bra continuously. Pain is manageable with prescribed medication.
Days 3–7	Swelling and tightness begin to settle slightly. You can move around more comfortably. Avoid raising your arms above shoulder height or any movement that strains the chest. Follow your wound care instructions carefully.
Days 7–14	Sutures may be checked or removed if non-absorbable. Incisions are healing and looking better. Light daily activities are possible — but still no exercise, heavy lifting, or activities that stretch the chest wall.
Weeks 2–6	Most people return to desk work and light activities within two weeks. Swelling continues to reduce. The breasts may appear high and firm — this is normal and they gradually soften and settle into their final shape. Underwire bras are still off-limits.
Months 2–3	The breast shape continues to soften and settle. Incision lines are fading. Most normal activities including exercise can be gradually resumed with surgical team approval. A well-fitted soft bra remains important.
Months 6–12+	Your final results emerge as everything settles fully. Scars continue to fade and refine over this period. Results are long-lasting with a stable weight and lifestyle — though gravity and ageing continue over time.



Sun protection is essential during healing. Until your incisions are fully healed, sun exposure can cause scars to darken, thicken, or become raised. Keep the area covered or apply a high-SPF sunscreen consistently — it makes a real difference to your long-term scar appearance.

Your Results — What to Look Forward To

The improvement a mastopexy delivers can be genuinely remarkable. Breasts that sit where they used to. A rounder, firmer shape that doesn't depend on the right bra. Swimwear, activewear, and clothes that fit and feel the way they should. A return to feeling at home in your own body.

You'll notice a significant change almost immediately after surgery — though the initial result will be partially masked by swelling and the breasts sitting higher than their final resting position. As everything settles over the coming weeks and months, your true result emerges — and most people find the final shape softer and more natural than the early post-operative appearance.

The honest trade-off is scarring. Scar placement depends on the technique used — for more significant lifts, scars will extend around the areola, down the front of the breast, and along the crease. They are carefully positioned within the natural contours of the breast, and they will continue to fade and soften over the course of 12 to 18 months. For most people, they are an entirely worthwhile exchange.

Your results will be long-lasting with a stable weight and lifestyle. Future pregnancies, breastfeeding, and natural ageing will continue to affect the breast tissue over time — but the core improvement to shape, position, and confidence remains.

Cost — India vs New Zealand

The cost difference between having a breast lift in India through JBTG versus having it done in New Zealand is significant. Here's a general comparison:

Cost Item	*India (NZD approx.)	New Zealand (approx.)
Breast Lift Surgery (mastopexy)	~ \$8,500 – \$8,700	~ \$13,000 – \$20,000
Combined Breast Lift & Augmentation	~ \$6,000 – \$9,000	~ \$18,000 – \$28,000
Pre-operative tests, scans & consultations	~ \$300 – \$600	~ \$500 – \$1,200
Anaesthetist fee	Included	~ \$1,500 – \$2,500
Hospital / facility fee	Included	~ \$2,500 – \$5,000
Surgical bra & post-operative garments	~ \$50 – \$150	~ \$100 – \$300
Post-operative medications & dressings	Included	~ \$200 – \$500

**Add 18% Indian GST*

Airfares, accommodation, transfers, and JBTG Limited's logistics and escort fees are additional — see your personalised invoice for full costings. All surgical costs are paid directly to the hospital.



A note about JBTG Limited's role. We organise everything around your surgery — your flights, hotel, all your transfers, and we escort you every step of the way. We are not medical professionals. Your surgical team, your treatment decisions, and your medical contract are between you and the hospital directly. We also navigate you through the entry visa application. Our job is to make sure you get there, you're supported throughout, and you come home safely.

Ready to Find Out More?

Here's how to get started — it's simpler than you might think:

1	Get in touch Call or email us for a no-obligation chat. Tell us a little about what you're hoping to achieve and we'll take it from there.
2	We connect you with our brokers in India Our trusted on-the-ground medical brokers will assess your needs and connect you with the right surgical team for your specific situation.
3	You receive a personalised quote The surgical team will provide a detailed quote based on your individual case — including whether a lift alone or a lift with augmentation is recommended. No surprises, no hidden costs.
4	We arrange everything Once you're happy to go ahead, we take care of flights, hotel, transfers, and all logistics. You just need to show up.
5	We travel with you You're not going alone. We escort you throughout the entire trip — to every appointment, every step of the way.

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